

Kenai Peninsula  
Borough School  
District  
Middle School  
Menu

USDA is an equal  
opportunity  
provider  
and employer.

# MENUS FOR JANUARY 2015

Wednesday, January 7

BB-q Pulled Chicken  
Sandwich or Fish  
Nuggets

Jo-Jo Potato Wedges  
Edamane Succotash  
Whole Fruit Pineapple/  
Orange Swirl  
White or Chocolate Milk

Thursday, January 8

Cheese Sticks with  
Dunker Sauce or  
Chalupa

Spinach Salad  
Applesauce  
100 % Juice  
White or Chocolate Milk

Friday, January 9

Fish Sandwich or  
Breaded Chicken  
Sandwich

Steamed Winter Mix  
Vegetables  
Jo-Jo Wedge Potato  
100% Juice  
White or Chocolate Milk

Monday, January 5

Bb-q Pork Sandwich  
Or Pizza

Sweet Potato Fries  
Mandarin Fruit Cups  
Corn  
100 % Juice

White or Chocolate Milk

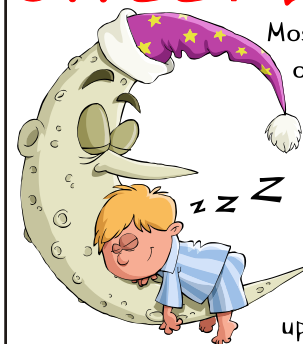
Tuesday, January 6

Chicken Nuggets w/ Rice  
or Spicy Chicken Strips

Green Beans  
Orange Wedges  
Pineapple

White or Chocolate Milk

## SWEET DREAMS.



Most adults need 7-8 hours of sleep a day, but infants need 16 and teens still need at least 9. If you don't get enough sleep several nights in a row, you'll have a "sleep debt" and need to catch up to perform at your best.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

Wednesday, January 7

BB-q Pulled Chicken  
Sandwich or Fish  
Nuggets

Jo-Jo Potato Wedges  
Edamane Succotash  
Whole Fruit Pineapple/  
Orange Swirl  
White or Chocolate Milk

Thursday, January 8

Cheese Sticks with  
Dunker Sauce or  
Chalupa

Spinach Salad  
Applesauce  
100 % Juice  
White or Chocolate Milk

Friday, January 9

Fish Sandwich or  
Breaded Chicken  
Sandwich

Steamed Winter Mix  
Vegetables  
Jo-Jo Wedge Potato  
100% Juice  
White or Chocolate Milk

## Finally, a New Year's resolution that's easy to keep!

The meals we serve at school offer all kids a convenient, economical, and healthy alternative for their school-day nutrition.

So why not resolve

to take advantage of this great service every day?

This New Year, do your kids -- and your family budget -- a favor. **Breakfast is FREE** if you are participating in the free/ reduced categories.



Reduced  
**\$ .00** Regular  
**\$1.75**

Get in touch with us today to learn more about free and reduced-price meals in our district:  
907-714-8832 or thalverson@kpbsd.org

Monday, January 12

Pizza or  
Taco Snack

Corn  
Fresh Apple Wedges  
100 % Juice  
White or Chocolate Milk

Tuesday, January 13

Fish Nuggets or  
Bb-q Pulled Chicken  
Sandwich

Sweet Potato Fries  
Edamane Succotash  
Whole Fruit Lemon/  
Berry Swirl Cup  
White or Chocolate Milk

Thursday, January 15

Manwich Sloppy Joe  
or Pollock Hoagie

Baked Beans  
Green Beans  
Chilled Mixed Fruit  
White or Chocolate Milk

Friday, January 16

Teriyaki Fingers w/ Chow  
Mein Noodles or Ham  
and Cheese Hoagie

Winter Mix Vegetables  
Pineapple  
Applesauce  
White or Chocolate Milk

## ANIMAL APPETITES

Food becomes more scarce for a lot of birds in winter, especially in areas prone to snow and ice. A bird feeder or two helps them survive and gives you plenty of entertainment, no matter what winter is like in your neck of the woods!



## Martin Luther King Jr's Birthday

January 19  
No School



Tuesday, January 20

Chalupa or  
Breaded Chicken  
Sandwich

Baked Beans  
Strawberries  
Mixed Fruit

White or Chocolate Milk

Wednesday, January 21

Sliders or  
Fish Nuggets w/Rice

Carrots/Ranch  
Green Beans  
100 % Juice

White or Chocolate Milk

Thursday, January 22

Spaghetti w/ Meat Sauce  
and Bread Stick or  
Philly Steak Hoagie

Romaine Salad  
Corn  
Applesauce

White or Chocolate Milk

Friday, January 23

Bb-q Pork Sandwich or  
Spicy Grilled Salmon w/  
Rice

Winter Mix Vegetables  
KK Fries  
100 % Juice

White or Chocolate Milk



# Leave it alone.

Monday, January 26

Corn Pups or  
Fish Nuggets

Grilled Sweet Potato  
Bites  
Applesauce  
Whole Fruit Orange/  
Pineapple Swirl

White or Chocolate Milk

Tuesday, January 27

Chicken Quesadilla or  
Spicy Chicken Strips

Corn  
Carrots/Ranch  
Banana

White or Chocolate Milk

Wednesday, January 28

Garlic Roasted Fish or  
Chicken Nuggets both w/  
Roll

Chow Mein Noodles  
Corn  
Strawberry Cup

White or Chocolate Milk

Thursday, January 29

Chicken Taco or  
Hawaiian Pizza

Refried Beans  
Green Beans  
Orange Wedges

White or Chocolate Milk

Friday, January 30

Pizza or  
Teriyaki Nuggets w/  
Rice

Steamed Broccoli  
Peaches  
100% Juice


White or Chocolate Milk

You've heard of the "5 second rule," right? Don't buy it. Believe it or not, germs don't observe a waiting period, so there is no "safe" amount of time for food to be on the floor. If you can't wash it off, don't put it back on your plate!




Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)


## ★ ★ ★ ★ OUR NATION'S HISTORY ★ ★ ★ ★



**O**n January 31, 1865 – 150 years ago this month – Congress passed the 13th Amendment to the Constitution, outlawing slavery forever in the United States. The passage of the 13th Amendment culminated a great effort by President Abraham Lincoln and his cabinet and their allies in Congress and ended centuries of enslavement for millions of Africans and African-Americans in the U.S. A great retelling of the story of the 13th Amendment is the film "Lincoln," by director Steven Spielberg, with Daniel Day-Lewis (right) as President Lincoln.



## ★ ★ ★ ★ WITH LIBERTY & JUSTICE FOR ALL ★ ★ ★ ★



**Trying to cut down on added sugar? You might think that foods like pastry would be a good place to start. And you'd be right. A large cinnamon bun from a national chain has 59 grams of added sugar (double the maximum recommended daily amount). But a 44-oz. fountain soda contains 128 grams – more than twice as much added sugar as the cinnamon bun!**

